

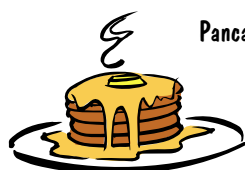
# 3-A-Day Mealtime Makeovers



Eat 3-A-Day of Dairy — three servings of milk, cheese or yogurt is a deliciously easy way to build stronger bones and better bodies. Give meals a boost in taste and nutrition with these easy 3-A-Day mealtime makeovers. Try milk, cheese or yogurt in fat free and lowfat varieties to meet your taste and nutritional needs.

## Meal Easy 3-A-Day Makeover

### Breakfast



Pancakes with maple syrup

> **Pancake-adilla:** make a pancake sandwich with 1 cup of fruit yogurt and berries

Toast/Bagel

> **Breakfast Pizza:** melt one to two slices of reduced fat Swiss over lean ham and English muffin

Banana

> **'Nilla Banana Ice:** blend together 1 cup of lowfat milk, banana slices, ice and some vanilla



### Lunch



Burger

> **Flavor Blastin' Burger:** combine 1 cup of plain yogurt, 1/4 cup of shredded lowfat Cheddar cheese and taco seasoning to top on extra lean burger (use extra as a dip)

Tuna sandwich

> **Marvelous Melt:** toast open-faced tuna sandwich topped with one to two slices of lowfat American cheese

Chicken noodle soup

> **Super Soup:** make a bowl of chicken soup creamier with 1 cup of lowfat milk instead of water



### Snack



Potato chips

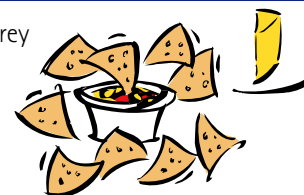
> **Cheesy Fiesta:** eat baked tortilla chips with a chili-Monterey Jack dip (made with 1/4 cup shredded cheese)

Can of soda

> **Mocha Milk Chiller:** try 8 ounces of new lowfat milk flavors such as mocha, cookies-and-cream and orange

Soft pretzel

> **Take a Dip:** dunk soft pretzels in a honey or Dijon mustard yogurt dip (made with 1 cup of yogurt)



### Dinner



Spaghetti

> **Rocking Ravioli:** top lowfat ravioli with marinara sauce and 1/4 cup shredded part-skim Mozzarella cheese

Chicken

> **Tasty Taco Salad:** add to salad baked tortilla strips, lean grilled chicken, 1/4 cup shredded reduced fat Colby Jack and 1 cup plain yogurt mixed with salsa

Fish

> **Great Catch:** bake favorite fish coated with Parmesan-bread crumb mixture and dip in "better-for-you-tartar sauce"—1 cup of lowfat yogurt mixed with diced pickle, salt and pepper



### Dessert



Candy

> **Peachy Keen Parfait:** layer 1 cup of yogurt with sliced peaches and crunchy lowfat granola

Cookies

> **Mix It With Milk:** mix 8 ounces of lowfat chocolate milk with your favorite cookies or crushed graham crackers

Apple pie

> **Crowd-Pleasing Pairings:** partner slices of apples or pears with a matchbox-sized wedge of Cheddar



## And, here's some mealtime makeovers for mom — she needs her 3-A-Day of Dairy too:

Pancakes with maple syrup > **Pancakes Jubilee:** top pancakes with 1 cup of tangy raspberry yogurt and berries

Burger > **Flavor Blastin' Burger:** dollop 1 cup of savory lowfat yogurt-cilantro sauce over extra lean burger (use extra sauce as a dip)

Spaghetti > **Rocking Risotto:** use 1 cup of lowfat milk instead of water or broth to make a creamy vegetable risotto



For more easy and delicious 3-A-Day of Dairy tips and family-friendly recipes visit [www.3aday.org](http://www.3aday.org).